

## GE Palade University of Medicine, Pharmacy, Science, and Technology from Targu Mures

<b>Name of the organisation :</b>	GE Palade University of Medicine, Pharmacy, Science, and Technology from Targu Mures/ Romania		MINISTERUL EDUCAȚIEI ROMÂNIA UNIVERSITATEA DE MEDICINĂ, FARMACIE, ȘTIINȚE ȘI TEHNOLOGIE „GEORGE EMIL PALADE” DIN TÂRGU MUREȘ
<b>Address:</b>	38 Gheorghe Marinescu Street, Targu Mures, Romania		
<b>Tel:</b>	+40265 215551		
<b>Fax:</b>	+40 265 210407		
<b>Web site:</b>	www.umfst.ro		

<b>Name of the contact person :</b>	Anișoara Pop	
<b>Function:</b>	University Professor, PhD Project manager	
<b>Address:</b>	38 Gheorghe Marinescu Street, Targu Mures, Romania GEP UMPHST Targu Mures Faculty of Science and Letters	
<b>Tel:</b>	40 751 240486	
<b>Fax:</b>	+40 265 210407	
<b>E-mail:</b>	anisoara.pop@umfst.ro	

<b>Name of the contact person :</b>	Monica Tarcea	
<b>Function:</b>	University Professor, PhD Assistant project manager – Responsible project implementation	
<b>Address:</b>	38 Gheorghe Marinescu street, Targu Mures city, Romania GEP UMPHST Targu Mures Faculty of Medicine	
<b>Tel:</b>	+40 744 791 967	
<b>Fax:</b>	+40 265 210407	
<b>E-mail:</b>	monica.tarcea@umfst.ro	

Project Number: 2021-1-RO01-KA220-HED-000032108

**Type of organisation:**

SME  School  University  Public Authority   
Training  No Profit  NGO

Other (Specify)

**Fields of action :**

SMEs  Youth  Universities  Public Authorities   
Equal opportunities  Schools  Unemployed

Other (Specify)

## Description of the organisation

**GE Palade University of Medicine, Pharmacy, Science, and Technology** of Târgu Mureş, Romania (GEP-UMPhST RO) is a comprehensive public higher education institution, having as a main core the medical field. It is an institution with a history of over 75 years of medical education, with 7 faculties (also including engineering, economics, law, science and technology, letters and communication), 66 programmes of studies (36 undergraduate and 30 master programmes), a total of 8,500 students in undergraduate and master studies, 2,251 residents in medicine, dental medicine and pharmacy (in 2019).

GEP-UMPhST is a dynamic, powerful and fast developing university, whose core ideals are professionalism and performance. Commitment, passion, generosity, and competence are our crucial values, while professionalism, performance, and prestige define our University's identity.

**Medical education** in Târgu Mureş began in 1945, when the Faculty of Medicine was founded as a branch of Bolyai University of Cluj-Napoca. In 1948, the institution was named the Medical and Pharmaceutical Institute of Târgu Mureş. In 1965, the Institute was granted the right to organize doctoral studies, providing a high level of doctoral research in the medical field. In 1991, the Institute was renamed the University of Medicine and Pharmacy, with 3 faculties (Medicine, Dentistry, and Pharmacy).

*The building* that hosts the University of Medicine and Pharmacy of Târgu Mureş was built between 1906 and 1907, after a project designed by the Grünwald brothers, in a secessionist style. In the beginning, the building hosted a military school, being officially inaugurated on October 5, 1909.

In recent years, the University of Medicine and Pharmacy has had the most dynamic development of all the medical schools of Romania in terms of the growth in student numbers, infrastructure, new undergraduate specializations, internationalization, as well as the accreditation of an extension of undergraduate medical training in Hamburg, Germany.

Our University is the only one in Romanian that offers tuition in three languages: Romanian, Hungarian, and English, this being the proof of a modern, multicultural, and harmonious University. The University of Medicine and Pharmacy (UMF) of Târgu Mureş became *George Emil Palade* University of Medicine, Pharmacy, Science, and Technology of Târgu Mureş (GEP UMPhST) following the completion of the legal procedures of merging with "Petru Maior" University, according to Government Decision no. 735/September 20th, 2018.

The University currently functions with **4 medical faculties**: Faculty of Medicine, Faculty of Medicine in English, Faculty of Dental Medicine, and Faculty of Pharmacy with undergraduate, MA and PhD studies as well as residency and post-graduate medical studies.

**The Faculty of Medicine** enrolls over 3,500 students in attractive undergraduate training: Medicine, Nursing, Hydrotherapy, kinesiology, and medical rehabilitation, and Nutrition and dietetics. All graduates of the Faculty of Medicine can continue their training in residency programmes in all medical specialties, in University clinics of Târgu Mureş under the guidance and supervision of experienced professors and clinicians. At the same time, they can enrol in master or doctoral studies or continuous medical education programmes.

The teaching and research infrastructure of the faculty together with the Center for Simulation and Practical Skills and the remarkable sports facilities of the University are important for students who choose the Faculty of Medicine in Târgu Mureş to pursue this noble profession.

The national (TRANSMED, INTERFARMA) and international (ERASMUS, SCORE-SCOPE, FOGARTY) mobility programs allow exchanges of ideas and values and are constantly encouraged and supported. Since 2016, an **extensive Curriculum Reform project** has been underway in our university, focusing on three main directions: adapting the curriculum to current standards of medical education, a student-centered teaching system, and a unitary way of assessing students within the same study program.

Starting with the academic year 2019-2020, all the international students belong to the newly founded *Faculty of Medicine in English*, including students in the medicine English language program in Târgu Mureş campus and the ones enrolled in the same program of study in the Hamburg branch, from Germany. The number of international students applying to English study programs in Medicine and Dentistry has been continuously growing every year and this is primarily due to the positive feedback from the University graduates, therefore, applicants choosing to study at our university come from all over the world: Germany, Italy, Hungary, Austria, Sweden, Finland, Norway, USA, Israel, India, South America, as well as African countries.

The opening of the **Medicine Study Program in English from Hamburg**, one of the most attractive academic centers in Germany, is innovative for all Romanian Higher Education institutions, and it represents a visionary idea of our University, that becomes an ambassador of the Romanian school of

medicine and pharmacy abroad. The quality standards of the Hamburg branch are very high, as is the educational infrastructure which will be made available to the students. A number of 150 students study in Hamburg every year in a modern medical campus, with state-of-the-art equipment. Some of the most important elements of the teaching activities consist of digital learning and the use of the latest medical devices and technology, such as the biology or chemistry laboratories and interactive virtual tables for 3D dissection. The Hamburg project places the university and the city of Târgu Mureş in a position of maximum international visibility.

George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Târgu Mureş is accredited to organize **doctoral training**, its mission being to discover and disseminate knowledge and research, to support creative work, and to promote performance and multiculturalism beyond the academic community. In order to form a new generation of researchers, the Doctoral Studies ensure the training of doctoral students in the seven main areas: Medicine, Dentistry, Pharmacy, Philology, History, Informatics, Engineering, and Management, through lectures, seminars, evaluation, scientific research, and activities tailored to each doctoral field of study. The two doctoral schools (the Doctoral School of Medicine and Pharmacy, and Doctoral School of Letters, Humanities, and Applied Sciences) have a number of 93 supervisors and 324 doctoral students.

Our University takes advantage of the close collaboration with the **Emergency County Clinical Hospital Târgu Mureş**, a university hospital located at 100 m from the main university building and including almost all the medical specialties. Here the students have the opportunity to establish a close contact with patients presenting various clinical pictures and to assist live to different medical procedures, thus being directly involved in the medical act. The Emergency County Clinical Hospital of Târgu Mureş (SCJU Târgu Mureş) is the largest public health unit in Transylvania, a hospital of local, regional and county interest, which provides medical services, with 1182 beds for continuous hospitalization, of which 939 beds are for adults and 150 for children, as well as a number of 123 day care beds, distributed in 22 sections and 4 compartments (69.23% medical specialties and 30.77% surgical specialties).

Openness for **international collaborations** is a top priority by which UMPHST has understood to capitalize on its strengths and international visibility. Nationally, the Erasmus programme is the most successful one, our university ranking first among the medicine and pharmacy universities in the country in terms of attracted funds for international mobility through the **Erasmus+ programme**. Our university has about 572 outgoing Erasmus students annually and has concluded 154 international cooperation agreements with European and international universities

**UMFST Live Studio** is a multimedia studio featuring high performance equipment that enables TV shows, structured curricula according to academic curricula, distance education courses, productions using new communication technologies, including E-conferences, E-venues, and thematic shows.

In partnership with the IBM Corporate Service Corps, UMFST Târgu Mureş has designed an innovative concept entitled the "**Smart University**", which aims to develop an integrated plan for modernization of university IT systems through development of the existing e-UMFST platform as well as identification and implementation of new artificial intelligence technologies such as Cognitive Computing and Internet of Things associated with Cloud Computing, Digital Storage, Paperless Office, and Software as a Service.

This concept targets optimization of academic management, students' teaching and assessment strategies as well as access to the virtual world, which represents the future of scientific and academic resources of our university. The e-UMPhST platform is a complex digital web-based tool that provides numerous facilities for students, including an online admission application system, online library, online access to the University Management System, online access to scientific journals and articles and online handling of administrative forms. e-UMPhST is completed with a complex e-learning platform, which gives students a very userfriendly learning system with access to books, printable lecture notes and visual presentations.

## Experience of the organization in previous European projects

### Anișoara Pop

1. **2009** manager - International exploratory workshop "Strategies for optimizing ESP in Higher Education", by TOEFL, New Jersey, USA.
2. **2009** BESIG International Poznan, Poland grant – for research project: *Text and voice tools to maximize the students' writing and talking time.*
3. **2010** GRU-09-MOF-186-MS-UK – LLP, Oxford Lake School: *Learning Curves: Making Use of New*

- Technologies in English Language Teaching*, Contract no. 65/16.03.2010 In - Service Training for Adult Education Staff.
4. **2010** GRU-10-VISA-POP ANIȘOARA, TESOL Spain, Universitat de Lleida, Catalonia, Spain,: *Effective Bridging with Social Networking Speaking Tools*, Contract no. 64/ 08.03.2010.
  5. **2010** GRU-10-MOF-ANIȘOARA POP *Teaching Business English* - Bell International, Homerton College Cambridge, United Kingdom, LLP, In-Service Training for Adult Education Staff, Contract no. 84/ 17.05.2010;
  6. **2011** WR Lee Grant of the International Association of Teachers of English as a Foreign Language, Brighton 2011, United Kingdom: *Integrating Asynchronous Writing and Speaking Tools for EFL Learning Optimisation*, IATEFL- UK- 2011.
  7. **2011** GRU-11-MOF-93-MS-IT: European Project Planning, Florence, Italy, Contract no. 175/ 01.09.2011.
  8. **2016-2018** SoftisPed – Softskills for Children’s Health, Erasmus+ Strategic Partnership, Project Number: 2016-1-RO01-KA203-024630, Responsible project implementation [https://softis-ped.pixel-online.org/press\\_review.php](https://softis-ped.pixel-online.org/press_review.php).
  9. **2019** PN-III-P1-1.1-MC-2019-1281 Programme 1 Subprogramme 1.1 – Human Resources , Projects for researchers’ mobility - *Doctor-patient communication: The case of giving bad news in Medical English*, EALTHY, Castellon de la Plana, Spain, contract no. 341/14.11.2019.
  10. 2018-2021 HELP2 - Healthcare English Language Programme2 - Project No. 2018-1-CZ01-KA203-048150 [https://help2project.eu/?page\\_id=67](https://help2project.eu/?page_id=67) Project manager (UMPhST partner).

#### Monica Tarcea

1. **2021-2022**: Local Director for an international project: “EISuFood - Study about food habits and knowledge about edible insects as sustainable foods”, CERNAS-IPV/2020/003, în colaboration with Escola Superior Agrari di Instituto Politecnico de Viseu / Portugal, Departamento de Industrias Alimentares
2. **2016-2018**: Local Director for an international project: “Psycho-social motivations associated with food choices and eating practices (EATMOT)”, PROJ/CI&DETS/2015/0008, în colaboration with Escola Superior Agrari di Instituto Politecnico de Viseu / Portugal, Departamento de Industrias Alimentares
3. **2014-2015**: Local Director for an international project: “Study about the knowledge and habits regarding food fibres in different countries”, PROJ/CI&DETS/2014/0001, în colaboration with Escola Superior Agrari di Instituto Politecnico de Viseu / Portugal, Departamento de Industrias Alimentares
4. **2014-2016** Project director “Multi-level interventions for prevention of lifestyle related non communicable diseases in Romania”, financed in the Programme RO19 “Public Health Initiative“, by Norvegian Financial Mechanism 2009-2014
5. **2012-2016**: Director for an international sub-project: „Smoking and Exposure to secondhand smoking among Pregnant Women and Children”, part from the main project „Building Capacity for Tobacco Research in Romania”: <http://tr.umftgm.ro/>, funded by National Institute of Health - Fogarty International Center, SUA
6. **2013**: Short term expert in "Professional Quality and Competence in Medical Education and management of educational activities", POSDRU/86/1.2/S/63815, funded by European Social Fund by Sectorial Operational Program for Human Resources Development 2007-2013, Axe no 1 „Professional education and formation in sustaining the economical increasing and society development based on knowledge”, Main intervention domain 1.2 „Quality in the universities”
7. **2012-2013**: Expert member in the project "Quality standards and specific performances indicators for higher education health institutes", POSDRU/18/1.2/G/40067, funded by European Social Fund by Sectorial Operational Program for Human Resources Development 2007-2013, Axe no 1 „Professional education and formation in sustaining the economic increasing and society development based on knowledge”, Main intervention domain 1.2 „Quality in the universities”
8. **2011**: Member in the project „Advanced technologies for quality management in the future oriented universities”, POSDRU/86/1.2/S/58609, funded by European Social Fund by Sectorial Operational Program for Human Resources Development 2007-2013, Axe no 1 „Professional education and formation in sustaining the economical increasing and society development based on knowledge”, Main intervention domain 1.2 „Quality in the universities”

#### Experience and Expertise of the organization in the project’s subject area

UMPhST-RO has a long teaching/learning and scientific research experience in the field of medical

Project Number: 2021-1-RO01-KA220-HED-000032108

education and all the target groups involved in the project are covered.

Furthermore, UMPHST has a programme of *Nutrition and Dietetics*, a Master programme in *Clinical and Community Nutrition*, a body of professors, associate professors, and lecturers with a large expertise in these fields, as well as residents in different medical fields with an interest in the multidisciplinary, integrated approach of obesity and eating disorders.

The teaching staff have a solid professional background, are internationally-published authors of books and scientific research papers, members of national and international societies in nutrition/dietetics, psychiatry, medical communication and ethics, physiotherapy/wellness, and humanities.

### Contributions that can be provided to the project

GE Palade University of Medicine, Pharmacy, Science, and Technology is the coordinator of project activities and its management, together with Pixel, Italy.

UMPhST is leader of PR1 – *Handbook of Cultural and Historical Perspectives on Obesity and Eating Disorders* and will cooperate with the project partners in the development of the other two intellectual outputs. We will also pilot the partners' productions, organise a multiplier event and a final conference in order to mainstream the outcomes, and contribute to project dissemination and exploitation on a regular basis.

### Reasons of involvement in the project

UMPhST-RO is committed to the improvement of medical education and training quality by responding to the identified gap of an integrated medical and humanities-based approach of young patients with obesity and eating disorders. We will respond to these identified needs by tackling on the practical implications of obesity stigma, weight stigma and weight discrimination, which rarely find a place in the formal curriculum, but are key in reducing them.

Within this context, we will aim to provide lecturers/trainers in HE with skills, knowledge, methods and tools to explore and address teaching/training obesity and EDs through a trans-disciplinary approach; We will also help residents and students consolidate their knowledge and skills in approaching patients with obesity and eating disorders, disordered eating, especially due to the latter's reluctance to seek help and communicate openly, and the former's difficulty of being approached from a limited medical and physical exercise perspective, only. Last but not least, we will support specialists in different medical fields to acquire new trans-disciplinary knowledge and skills in order to deal effectively with these marginalised, biased and at high risk patients.

The involved project members will foster research, transformation, and educational intervention in tackling and managing obesity and Eds as, although networks of care have often been encouraged, little is known or has been done in terms of an integrated medical and humanities-based approach, and even less in deconstructing the negative bias and stigma in the public discourse, much aggravated by the Covid pandemic.

**Anișoara Pop** and **Monica Tarcea** are both university professors and PhD coordinators, their experience covering the two medical and humanities sides of Connected4Health project. Anișoara Pop has experience in the medical humanities, Erasmus+ project management, and educational applications. Monica Tarcea has experience in medicine and nutrition, international project management, educational management and curricular development. They are both involved in the activities of project management including communication, dissemination and multiplication, as well as project implementation: development of project results, piloting, and exploitation. Furthermore, they are both lecturers in the Nutrition and Dietetics Programme of the Faculty of Medicine, therefore in direct contact with the project target groups.

### Contact Person's Experience and Expertise

**Anisoara Pop** has expertise in Erasmus+ partnership project management, humanities, and pedagogy/teaching and learning with the New Technologies, as required by the current project.

She holds a PhD in Applied Linguistics, Habilitation in Philology and certificates for teaching and communicating from Homerton College Cambridge (2010) and employment of new technologies in communication from Lake School, Oxford UK (2010). She has been teaching Medical English and communication to medical students for over

ten years and in research she is author of published papers on employing ed-tech tools, Blended Learning, Flipped Classroom formats and other virtual learning platforms, an added value for the design of interactive teaching materials and curricula. She has also published research articles and book chapters: (2018) Softskills in pediatrics; (2018) English for Medical Purposes: Current Methodology and Practical Applications. She has Erasmus+ strategic partnerships experience as manager and team leader: 1) 2018-2021HEALTHCARE LANGUAGE LEARNING PROGRAMME 2 2018-1-CZ01-KA203-048150 <http://help2project.eu> , 2) 2016-1-RO01-KA203-024630 Softisped – Softskills for Children’s Health, <https://softis-ped.pixel-online.org/MNG-wip.php>, **manager of project in medical communication** 2019 PN-III-P1-1.1-MC-2019-1281 Doctor-patient communication: The case of giving bad news in Medical English.

**Monica Tarcea** is the Head of *Community Nutrition and Food Safety* Department, from Faculty of Medicine at UMPPhScT Targu Mures, Romania. Licence degree in Medicine (1992), PhD in Medicine / Health (1999) and Habilitation degree in 2017, at the University of Medicine and Pharmacy Targu Mures, Romania. University teacher since 1994, senior specialist in Hygiene and Food Safety, former Dean of Faculty of Medicine (2013-2016), and member of Hygiene Committee from Romanian Ministry of Health, Romanian Association of Hygiene, Romanian Nutrition and Dietetics Association and EUPHA.

Professor and Head of *Community Nutrition and Food Safety* Department also Coordinator of Bachelor program of *Nutrition and Dietetics* and Master program of *Clinical and Community Nutrition*, at the same university (2010-2019). She has coordinated more than 100 licence, master and also PhD thesis in the last 20 years, also I was Director and member in 8 national (from wich 3 educational) and 6 international projects + Author of 18 hygiene and nutrition books, 8 manuals for students, 162 articles (31 in ISI journals), 102 scientific conferences participations and coordinator of 17 national conferences + Guest Editor for a Special Issue named "The Impact of Food Choices on Environmental Sustainability and Health Status", wich belongs to the section "Sustainable Food" of *Sustainability* (ISSN 2071-1050), an ISI journal with IF 2,576; see details at [https://www.mdpi.com/journal/sustainability/special\\_issues/food\\_choices\\_environmental\\_sustainability\\_health\\_status](https://www.mdpi.com/journal/sustainability/special_issues/food_choices_environmental_sustainability_health_status) Research interests include Community Nutrition, Public Health, Food Safety, Obesity, and Risk Behaviors Management.

**List of selected publications:**

1. Tarcea M, Paucean A, Zugravu C, Filip C. - Romanian Cheese: Tradition, Production and Nutritional Value”, chapter 12 (pages 267-287), from Editors book Guine Raquel, Correia Paula, Ferrao Ana: „Cheeses around the World – Types, Production, Properties and Cultural and Nutritional Relevance”, Edit. Nova Science Publishers, New York, 2019, 488 pages, ISBN: 978-1-53615-419-1.
2. Matran I, Quoc T, Tarcea M. – „New Nutritional Perspectives in the context of Chronic Disease Patient Management”, chapter 11 (pages 206-224), from Editor Martinho Vitor JPM book – „Impacts of Climate Change and economic and health Crises on the Agriculture and Food Sectors”, Edit. IGI Global Publisher, 2022, 420 pages, ISBN 978-1-79989-557-2.
3. Tarcea M, Cinpeanu C. - The Importance of Obesity Prophylaxis in Young People, *Journal of Obesity & Eating Disorders (USA)*, 2019, 5(2):1-4, ISSN 2471-8203, DOI: 10.21767/2471-8203.100042.
4. Tarcea M., Fazakas Z, Szucs V, Kovacs Zs, Nemes-Nagy E, Olah P, Tilinca M, Guine R. - Mean dietary fiber intake of Romanian adults – results of a survey questionnaire, *Rev Chim (Bucharest)*, 2017, 68(9):2083-2087, ISSN:0034-7752, ISI cu FI=0,956.
5. Martinho VJ, Bartkiene E, Djekic I, Tarcea M, Baric IC, et al. – Determinants of economic motivations for food choice: insights for the understanding of consumer behaviour, *International Journal of Food Sciences and Nutrition*, 2021, DOI: 10.1080/09637486.2021.1939659, open access article, ISSN = 0963-7486, ISI cu FI = 3,483.
6. Bacărea A, Bacărea VC, Cîmpeanu C, Teodorescu C, Seni AG, Guine RPF, Tarcea M. – Demographic, Anthropometric and Food Behavior Data towards Healthy Eating in Romania, *Foods*, 2021, 10,487, <https://doi.org/10.3390/foods10030487>, ISI cu FI=4,092, DOI: 10.3390/foods10030487.
7. Guiné RP, Bartkiene E, Florenca S, Djekić I., Černelič-Bizjak M, Tarcea M, Leal M, Ferreira V, Rumbak I, Panagiotis O, Szűcs V, Klava D, Malgorzata K, Isoldi K, Correia P, Ferreira M, Cardoso AP. – Environmental Issues as Drivers for Food Choices: Study from a Multinational Framework, *Sustainability* (ISSN 2071-1050), 2021, 13:2869, IF=2,576, DOI: 10.3390/su13052869, at <https://www.mdpi.com/2071-1050/13/5/2869>
8. Guiné RP, Bartkiene E, Szűcs V, Tarcea M, Ljubicic M, et al. - Study about Food choices determinants according to six types of conditioning motivations in a sample of 11,960 participants, *Foods* (ISSN 2304-8158), 2020, 9(7):888-906, ISI cu FI=4.092, DOI: doi:10.3390/foods9070888.
9. Szűcs V, Szabó E, Guerrero L, Tarcea M, Bánáti D. - Modelling of avoidance of food additives: a cross country study, *International Journal of Food Sciences and Nutrition* (ISSN 0963-7486), 2019, 70(8): 1020-1032, ISI cu FI=2,79.
10. Voidazan S, Tarcea M, Abram Z, Georgescu M, Marginean C, Grama O, Buicu F, Ruta F. - Associations between lifestyle factors and smoking status during pregnancy in a group of Romanian women”, *Birth Defect Res*, 2018, 110(6):519-526, DOI: 10.1002/bdr2.1190.
11. Guine R, Duarte E, Ferreira M, Correia P, Leal M, Rumbak I, Baric I, Komes D, Satalic Z, Saric M, Tarcea M, Fazakas Z, Jovanovska D, Vanevski D, Vittadini E, Pellegrini N, Szucs V, Harangozo J, EL-Kenawy A, Talcin E, Kosemeci C, Klava D, Straumite E.: Benefits of dietary fibre to human health: study from a multi-country platform”, *Nutrition and Food Science / J Nutr*, 2017; 47(5):688-699, IF=1,49.



Project Number: 2021-1-RO01-KA220-HED-000032108